

Green: Apples

About 2,500 known varieties of apples are grown in the United States and more than 7,500 are grown worldwide. Try eating "one a day to keep the doctor away". One apple (including the peel) contains five grams of fiber, supplying 20% of the daily fiber recommendation.

Apple Crisp (Makes 8 servings)

4 cups tart apples, sliced, unpeeled

2/3 -3/4 cup brown sugar

1/2 cup flour

1/2 cup Quaker oats

1/2 tsp cinnamon

1/2 tsp nutmeg

1/3 cup trans-fat free margarine, softened

Place sliced apples in the bottom of a greased 8x8" baking dish. Combine brown sugar, flour, oats, cinnamon, and nutmeg. Add butter to flour mixture and mix until well-incorporated. Sprinkle on top of apples. Bake @ 350°F for 25-30 minutes.

Nutrition Information per serving:

Calories 200; Total Fat 8g; Saturated Fat 1g;

Cholesterol 0 mg; Sodium 70 mg; Total Carbohydrate 31g; Dietary Fiber 2g; Sugars 20g; Protein 2g